



Making the right food choices, together.

Pathways to Healthier Communities

Wellness Policy Development

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www.schoolnutrition.org

The Child Nutrition and WIC Reauthorization Act of 2004



Public Law 108-265 enacted June 30, 2004

Section 204 – Local Wellness Policies

“Not later than the first day of the school year beginning after June 30, 2006, each local educational agency ... shall establish a local school wellness policy”

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WHY the Focus on Local Wellness Policies?



- The prevalence of overweight among children aged 6–11 has more than doubled in the past 20 years
- Overweight children and adolescents are more likely to remain overweight or become obese adults and develop chronic disease
- One in three American children born in 2000 will develop diabetes in their lifetime

WHY the Focus on Local Wellness Policies?



- This generation of children is the first generation with a shorter life expectancy than their parents
- A child diagnosed with Type II Diabetes before the age of 15 will lose 27 years off his life.

WHY the Focus on Local Wellness Policies?



- Unhealthy diet and physical activity patterns account for at least **365,000** deaths among adults in the United States each year
- Overweight children are less likely achieve academic success

WHY the Focus on Local Wellness Policies?



The annual Fitnessgram that assesses six major fitness areas for all 5th, 7th and 9th graders in California showed results that only 27% of all students passed the standards.

2003-04 California Physical Fitness Report

Roseville City School District



**SCHOOL
NUTRITION**

ASSOCIATION™

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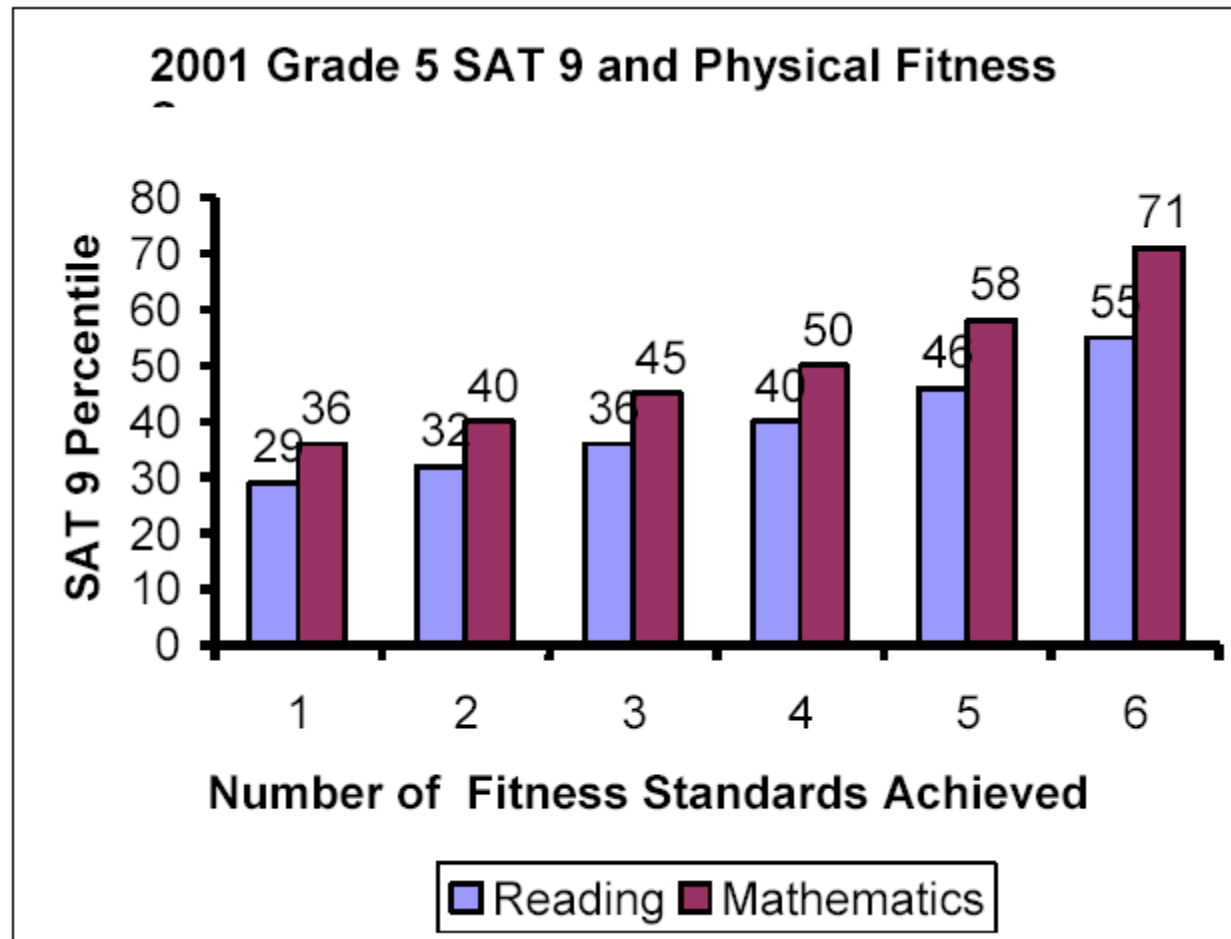
	Grade 5			Grade 7			Grade 9		
<u>Physical Fitness Tasks</u>	Total ¹ Tested	% In HFZ	% Not in HFZ	Total ¹ Tested	% In HFZ	% Not in HFZ	Total ¹ Tested	HFZ % In	% Not in HFZ
Aerobic Capacity	846	65.5	34.5	506	39.3	60.7	0	0.0	0.0
Body Composition	846	75.4	24.6	506	43.3	56.7	0	0.0	0.0
Abdominal Strength	846	84.8	15.2	506	49.8	50.2	0	0.0	0.0
Trunk Extension Strength	846	86.6	13.4	506	49.2	50.8	0	0.0	0.0
Upper Body Strength	846	68.4	31.6	506	36.8	63.2	0	0.0	0.0
Flexibility	846	70.7	29.3	506	41.5	58.5	0	0.0	0.0
	Grade 5			Grade 7			Grade 9		
Number of fitness standards achieved	Number	Percent	Cum. Percent	Number	Percent	Cum. Percent	Number	Percent	Cum. Percent
6 of 6 fitness standards	263	31.1	31.1	97	19.2	19.2	0	0.0	0.0
5 of 6 fitness standards	257	30.4	61.5	80	15.8	35.0	0	0.0	0.0
4 of 6 fitness standards	139	16.4	77.9	44	8.7	43.7	0	0.0	0.0
3 of 6 fitness standards	95	11.2	89.1	42	8.3	52.0	0	0.0	0.0
2 of 6 fitness standards	49	5.8	94.9	13	2.6	54.5	0	0.0	0.0
1 of 6 fitness standards	17	2.0	96.9	5	1.0	55.5	0	0.0	0.0
0 of 6 fitness standards	26	3.1	100.0	225	44.5	100.0	0	0.0	0.0
Total tested	846	100.0		506	100.0		0	0.0	

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Higher Academic Achievement with Higher Fitness Levels



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WHO Should Be Involved?



- **Parents**
- **Students**
- **Representatives from the following groups:**
 - **School foodservice staff**
 - **School Board**
 - **School Administrators**
 - **Public**

WHAT Needs To Be Addressed?



- Nutrition education
- Physical activity
- Other school-based activities that are designed to promote student wellness.

Local Wellness Policy Directives



- Provide an assurance that school meals at least meet standards established by federal law.
- Include nutrition guidelines for *ALL* foods available on each school campus. (SB12 & 965)

Local Wellness Policy Directives



- Establish a plan for monitoring policy implementation
 - including designation of operational responsibility.

Addressing ALL Foods Available on Campus

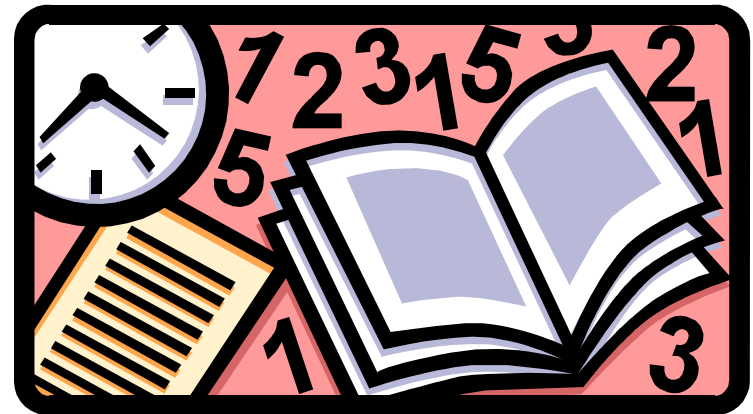


- School meals
- A la carte cafeteria sales
- Vending machines
- Student stores
- Concession stands
- Classroom parties and special events
- Fundraising events

Incorporating Wellness Education



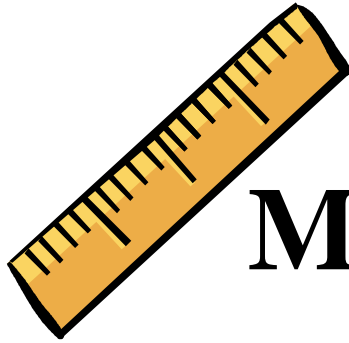
- Curriculum
- Health & nutrition promotion
- School environment
- Cafeteria as a classroom
- Community resources



Physical Activity



- Recess
- PE
- Before and after school wellness activities



Measuring Success



The Policy Must...

*“establish a plan for measuring implementation
...including designation....charged with
operational responsibility for ensuring that the
school meets the local wellness policy.”*

Steps to a Wellness Policy



- ✓ Creation of a Committee
- ✓ Draft Policies
- ✓ Report to Board
- ✓ Board Adoption Before
July 1, 2006
- ✓ Implementation



Partner Organizations



School Nutrition Association

USDA Food & Nutrition Service

Centers for Disease Control

National School Boards Association

National PTA

Action for Healthy Kids

American Dietetic Association

Food Research and Action Center

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Partner Organizations (cont.)



Elementary/Secondary School Principals
Associations

National Association of School Nurses

USDA Cooperative Extension

National Dairy Council

Society for Nutrition Education

National Association for Physical Education,
Recreation and Dance

Council of Chief State School Officers

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